



Food Banks / Food Programs Brampton, Caledon, Malton

BRAMPTON

Organization Name	Service Description/Eligibility Details
Knights Table 287 Glidden Road, Unit 4 Brampton ON L6W 1H9 905-454-8725 www.knightstable.org	<p>Our Pantry - Food Bank Operates: Wed-Fri 10am-4pm Registrations for food bank take place each Monday from 12noon – 3pm Once approved, the recipients can come in on Wednesday, Thursday or Friday between noon and 4 p.m. for food supplies. Specific requests for items are usually made and if those items are on the shelves a week's supply will be given out. Approved recipients are able to collect one week's worth of groceries once a week.</p> <p>As the food is given out weekly, even perishable food (fresh fruits & vegetables) can be donated as it will be given to people in need before it spoils.</p> <p>Additional Programs:</p> <p>First Bite Breakfast - daily 8am-10am Kids Breakfast Club – daily 7am-8:30am Seniors Café - Operates Mon-Fri 8:30am-10am * After breakfast, seniors are engaged in light physical, stretches and exercise; music therapy. Cecil's Kitchen Meals – provides a warm meal during the day – Mon-Fri 12noon-6pm * weekends and holidays 12noon-4pm Good Neighbour - Bread and Baked Goods –Operates: Mon-Fri 8am-10am & 12noon-6pm * Weekends/Holidays 8am-10am & 12noon-4pm Every morning, donated bread and baked goods are available at Knights Table for clients to access free of charge.</p>

Organization Name	Service Description/Eligibility Details
Knights Table (Contd)	Good Neighbour – Mobile Operates: Mon-Fri 8am-10:00am & 12noon to 6pm Weekends/Holidays 8am-10am & 12noon-4pm Mobile service of bread, desserts, baked goods, and food supplies are delivered to vulnerable seniors, and low income families in high needs neighbourhoods in the community. Call 905-454-8725 to find out how to be a part of our Good Neighbour Program
Langar Seva Meal 416-628-7041 www.LangarSeva.ca	Meal delivery: volunteers will deliver up to 5 North-Indian, vegetarian, hot meals once-a-week to individuals living at home without support from family/friends Services are available to all individuals who are: <ul style="list-style-type: none"> • unable to cook due to a serious health issue and • are living at home • have no support from family, and • are able to direct their own dietary needs A referral from a registered health practitioner is required; our staff will also conduct a final assessment Online client application form
Regeneration Outreach Grace United Church 156 Main St Brampton, ON L6V 1N9 905-796-5888	Breakfast: Mon-Sat 8am-9:30am, Sun 8am-9:15am – hot breakfast Lunch: Wed 11:30am-12:30pm * lunches also served on some Mondays and Thursdays (call to inquire)
Saint Vincent de Paul St John Fisher Conference 300 Balmoral Dr Brampton, ON L6T 1V6 905-790-2479 – Leave message www.ssvp.on.ca	Message to be left for emergency help Not a food bank
Saint Vincent de Paul St Leonard's Conference 187 Conestoga Rd Brampton, ON L6Z 3X8 905-846-5385 ext 3 – Leave message	Food Bank - Home Visits Only Calls picked up daily Service area: North of Bovaird and West of Hwy 410

Organization Name	Service Description/Eligibility Details
Salvation Army Brampton Citadel Community Church 9395 Bramalea Rd Brampton, ON L6s 4B7 905-791-1085 ext 1 www.bramptonsalvationarmy.org	Food Bank: Mon to Fri 9am–12noon, 1pm–4pm by appointment only, Call the office to find out what documents you are required to bring on your first appointment * registration required Emergency food and clothing, a listening ear, community referrals, advocacy and other support is provided for those who find themselves at a point of crisis.
St Andrew's Presbyterian Church 44 Church St E Brampton, ON L6V 1G3 905-451-1723	Food Bank: Wed 12:30pm-2pm
St Anne's Food Assistance Program 115 Vodden St E Brampton, ON L6V 1M4 905-453-1303	Emergency Food Service: Wed 10am-12noon Area Served: West of Hwy 410, N of Railway, E of Chinguacousy Dr, S of Bovaird Dr
St Paul's United Church 30 Main St S Brampton, ON L6W 2C4 905-451-1405 (entrance on John St)	Food Cupboard -Emergency Food Service: Every other Tue 1:30pm–3pm Non-denominational, all are welcome
Ste Louise Outreach Centre 32 Haggert Ave N Brampton, ON L6X 1Y3 905-454-2144 www.stelouisefoodbank.ca	Food Bank and essential items <ul style="list-style-type: none"> • food (perishable and non-perishable – fresh/canned/frozen) • beverages (milk, juice, ensure, coffee, tea, hot chocolate) • personal products (shampoo, soap, razors, toilet paper and more) • cleaning products (laundry soap, dish soap, etc.) • baby items (formula, diapers, blankets, clothes, strollers and toys) • miscellaneous items (books, pictures, household items, linens) • back to school packages in September • clothes all year • new toys (Christmas, birthdays and new baby packages) Registration required. Cannot be registered at another food bank Any individual or family in need * single parent families * families on social assistance * individuals who were laid off * individuals with emotional or physical disabilities * landed immigrants & refugees

CALEDON / BOLTON

Organization Name	Service Description/Eligibility Details
The Exchange 55 Healey Rd Bolton, ON L7E 1E8 Administrative: 289-966-1715 ext. 276 Assessment: 905-584-2300 ext. 201	<p>Mon, Wed, Fri: 9am–4:30pm, Thu 9am-6pm</p> <p>Food Support Program It is open to residents of Caledon who are on limited incomes. A financial assessment which will be completed on the first visit</p> <p>Food Share Program: Provides a selection of healthy fresh and packaged goods to ensure everyone's nutritional needs are met</p> <p>Community Kitchen: A place to gather and learn from expert chefs about everything from basic nutrition to how to prepare gourmet meals</p> <p>Serves residents of Caledon who are on limited incomes</p>

MISSISSAUGA / MALTON

Organization Name	Service Description/Eligibility Details
Celebrate Recovery - Mississauga - Family and Community Services Mississauga Temple Community Church 3173 Cawthra Rd Mississauga, ON L5A 2X4 416-576-6036 or 905-279-7525 www.mississaugatemple.com	Food bank: emergency food and clothing * application is required * call to book an appointment * serving the following postal codes L4V, L4W, L4X, L4Y, L4Z, L5A, L5B, L5E, L5G, L5P, L5R, L5T
Eden Food for Change 3185 Unity Drive, Unit 2 Mississauga, ON L5L 4L5 edenffc.org/	Emergency food bank and food distribution centre * food allowance based on family size We have two locations: the original Battleford client centre in the basement of Eden United Battleford Client Centre: *Mon 10am-12 noon *1pm-3 pm *Thu 6pm-8:30pm Church in Meadowvale and our main location at Unity Client Centre, Learning Kitchen and warehouse on Unity Drive near Winston Churchill and the 403. Unity Client Centre: Tue 12noon-2:30pm *5pm-7pm *Thu 10am-12 noon
Food Banks Canada 5025 Orbitor Dr, Bldg 2, Suite 400 Mississauga, ON L4W 4Y5 905-602-5234 www.foodbankscanada.ca	Supports the provincial associations, affiliated food banks and food agencies who provide help in communities to relieve hunger * fundraises and does food drives to support network * supports food banks through programs and services * raises awareness, advocates and does research to help solve the hunger problem in Canada
Grace Mt Zion Apostolic Church 5865 Coopers Ave Mississauga, ON L4Z 1R9 905-501-8958	Food Bank: Fri 6pm–8pm, last Sat of each month: 11am–1pm Registration required
Guru Singh Sabha Malton 7280 Airport Rd Mississauga, ON L4T 2H3 905-671-1662 www.srigurusinghsabhamalton.com	Community Food Program/Community Kitchen: Fresh Indian vegetarian food served daily between the hours of 6am-10pm
ICNA Relief Canada-Muslim Family Services 6120 Montevideo Rd, Unit 4 Mississauga, ON L5N 3W5 905-997-8777 ext 245 www.icnareliefcanda.ca	Food Bank: Mon - Fri 10am–4pm * registration required (registration can be filled online) Non-denominational, all are welcome Halal meats available

Organization Name	Service Description/Eligibility Details
Mississauga Food Bank 3121 Universal Dr Mississauga, ON L4X 2E2 905-270-5589 www.themississaugafoodbank.org	Head Office and Distribution Centre: Mon, Tue, Thu 9am–5pm * Wed 9am–8pm * Fri 9am–12noon No food is served to clients at this location Will help connect people to their area food bank
Mississauga Seventh Day Adventist Church 2250 Credit Valley Rd Mississauga, ON L5M 4L9 905-608-0013 www.mississaugasda.com	Food Bank: Wed 12noon–2pm * registration required
Mt Zion Apostolic Church 6810 Professional Court Malton, ON L4V 1X6 905-677-8389 www.mzaccanada.com	Food Bank: Fri: 2pm–6pm Non-denominational, all are welcome
Muslim Welfare Centre-Mississauga-Food Bank 3490 Mavis Rd Mississauga, ON L5L 1T8 905-281-9730 www.muslimwelfarecentre.com	Registration for Food Bank: Sun-Thu 2pm-4pm Food Bank: Sun-Sat 9am-5:30pm Non-denominational, all are welcome
Malton Food Bank 7060, Airport Rd Mississauga ON L4T 2G8 905-696-9963 www.maltonfoodbank.ca	Food Bank: Mon 9am–5pm * Tue, Thu 1pm-9pm * Wed 10am–7pm * Fri 10am–2pm * Sat 10am–4pm Thu and Fri: 9:30 am – 12:30 pm, Sat: 9 am – Noon Registration required Healthy Food Box (Fresh Produce): Orders for \$10 or \$20 to be placed by 4pm the day before you pick-up, making sure to select the right location and time for your convenience. Payment to be made in cash. To order your food box, Please click here Pick up locations and times: Wed Good Food Brampton, 60 West Dr, Brampton, 4pm–7pm Malton Food Bank, 7060 Airport Rd, Mississauga, 4:30pm–6:30pm Loyalty One, 6696 Financial Dr, Mississauga, 4pm–5:30pm

Organization Name	Service Description/Eligibility Details
Sai Dham Food Bank 7140 Goreway Dr Mississauga, ON L4T 2T6 905-956-2646 www.saidhamfoodbank.com	Food Bank – home delivery of non-perishable food * delivered to door step by volunteers once a month to residents of Brampton, Caledon, Mississauga Food Bank – for low income, no income , physically and mentally challenged people and seniors Community Kitchen: Breakfast and lunch program, Breakfast Daily 7:30am-9:30am * Lunch Sun 12noon-3pm Family to Families Program -free home delivery food for people with special needs
Saint Vincent de Paul Our Lady of The Airways 7411 Darcel Ave Mississauga, ON L4T 2X5 905-671-8382 – Leave message	Emergency Food Service Calls picked up daily * Home visits
Salvation Army Community and Family Services 3167 Cawthra Rd Mississauga, ON L5A 2X4 905-279-3941 www.salvationarmyfamilyservices.com	Food Bank: Mon-Tue 9am–12noon, 1pm–3:30pm * Wed 9am–12noon, 1pm–6:30pm * Thu 1pm–3:30pm * Fri 9am–12noon Postal codes served: L4V, L4W, L4X, L4Y, L4Z, L5A, L5B, L5E, L5G, L5P, L5R, L5S, L5T
Seva Food Bank 3413 Wolfedale Rd, Unit 10 Mississauga, ON L4C 1V8 905-361-SEVA (7382) www.sevafoodbank.com	Food Bank: Wed, Thu 4pm-8pm (appointments) Wed, Thu 5:30 pm-7:30 pm, Fri 12noon-4pm (appointments) Fri 1:30-3:30 drop-ins Postal codes served: L5C and L5B Food provided once a month – 7 to 10 days’ worth of food
Seva Food Bank - Malton 2832 Slough St Mississauga, ON L4T 1G3	Mon, Thu 4pm-8pm * Tue 12noon-4pm * Fri 11am-2pm People who live in the area with postal codes L5B, L5C, L4V, L5S, L4T, L5T and L5P:Low Income families